



BONHOMME CARNAVAL!
QUEBEC'S FAMED
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OTTAWA

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Wednesday, January 12, 2011
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Canada said no to Haiti: UN

► Feds announced more than \$90 million in projects yesterday, following reports that Canada had declined a request to continue military relief effort in Haiti



► Federal Minister for International Cooperation Bev Oda plays with Haitian orphans at a community centre in Montreal yesterday. Oda announced that Canada will provide funding to improve health, education and agriculture in Haiti.

The Canadian government turned down a plea to extend its military relief effort in Haiti after last year's earthquake, says a top United Nations official in Port-au-Prince.

Canada was widely praised for rushing to provide emergency help, including clean water, security and medical care, following the devastating tremor last Jan. 12.

But despite attempts by the UN and local

authorities to persuade Ottawa to keep the engineers in Haiti beyond the end of Canada's relief mandate, the military packed up and left.

"I think there was a strong request that they stay on," Nigel Fisher, the UN's head of humanitarian aid in Haiti, said from Port-au-Prince.

"Many felt that they wished they had

stayed because they were extremely effective."

Canada's original mandate was to provide a rapid, short-term response, and the UN says there was no obligation to extend the mission. Still, Fisher said, it would have been better if Canada had stuck around longer than a couple of months.

THE CANADIAN PRESS

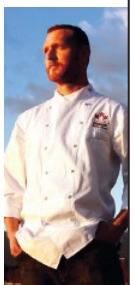
Economy Housing market loses steam

- Number of new Canadian home starts down last month
 - Data suggests inventory is sliding to a sustainable level
- {page 7}

Canuck tackles food olympics

Chef plans to wow judges at international competition

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Hugh through daddy goggles

Paul Sullivan asks: How long will the Viagra last? {page 8}

No Band-Aid big enough for Sens

Trades can't cure what ails team: Ken Campbell {page 18}



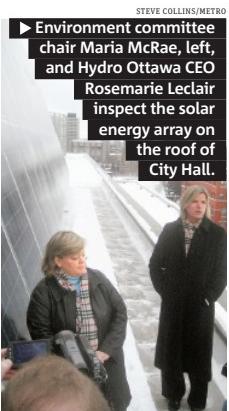
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Panels may grab sun and cash

The roofs of 20 municipal buildings could be generating renewable energy — and cash — if a plan to mount solar panels on them goes ahead.

Panels have already been installed atop City Hall and the Transit Control Centre on Belfast Road, in a pilot project with Hydro Ottawa to sell solar energy at premium rates set by the provincial government.

The environment committee discusses the plan next week. • STEVE COLLINS

Club owner recovering from stroke

Eugene Haslam, the owner of iconic Ottawa music and dance club Zaphod Beeblebrox, has been released from hospital after suffering a stroke Dec. 14, 2010. A statement issued yesterday said Haslam is recovering at home and has appointed long time associate Dave Ward as his successor. Ward will take over as entertainment and marketing director of the club. • METRO



► Oni "the Haitian sensation" Joseph says her Haitian relatives' biggest concerns are access to water and safety for women and children after last year's earthquake.

Oni: Haitians still suffering

► Haitian community meeting tonight at Notre-Dame Basilica for commemorative mass ► NGOs 'angry' about aid budget for Haiti: Professor



JOE LOFARO

OTTAWA@METRONEWS.CA

As a cultural ambassador for Canada, local poet Oni "the Haitian sensation" Joseph struggles hearing news about her cousins in western Haiti who are still living in constant fear.

"There are no resources for them and access to clean water is a big issue," said Joseph.

Today marks the one

year anniversary of the devastating earthquake that rocked the Caribbean nation and displaced more than 1.5 million people.

"The food that used to be grown in Haiti has to be imported and people haven't been able to get back on their feet."

Although she appreciates the generosity of ordinary Canadians who have made donations, she said she questions where the money flowing from Cana-

da to Haiti is going.

"Where is the money going and why are people still suffering?"

Stephen Beaudet, professor and director of the School of International Development at the University of Ottawa, also questions the government's aid budget for Haiti.

"After one year, it's unacceptable," he said.

"They should have had a more vigorous, high-gear program."

Ongoing support

- Minister of International Cooperation Bev Oda announced yesterday support for eight new initiatives in Haiti totaling \$93.1 million.
- With support of the Canadian International Development Agency, the new initiatives are aimed at improving life in key areas such as health, agriculture and education.

1
news



News on the move

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As it turns 10 years old, Wikipedia sets sights on India, founder Jimmy Wales tells Metro. Visit metronews.ca/world

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Program aims to provide free dental care

► Program helps children under 17 from households with incomes of \$20K or less ► Covers most dental issues

 STEVE COLLINS
OTTAWA@METRONEWS.CA

A new provincial program will provide \$2 million worth of free dental care to Ottawa children from low-income families.

At the Ottawa launch of the Healthy Smiles Program in the Le Patro Community Centre, Community and Social Services Minister Madeleine Meilleur, a former nurse, emphasized the importance of dental visits for everyone.

10K

10,000 Ottawa children could qualify for free dental care through the Healthy Smiles Program. Provincially, an estimated 130,000 kids could benefit.

"Good oral health is a key component to good overall health," she said. "So making sure Ottawa's kids have access to quality

preventative dental care means we are setting them up to be healthy adults. It means they'll have a better quality of life," Meilleur added.

Ottawa Mayor Jim Watson said the program, to be administered locally by Ottawa Public Health, is a good example of different levels of governments working together.

"Pro-active and good dental hygiene ensures that fewer children need access to emergency rooms and hospitals," he said.

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Two groups unite to keep Ottawa warm

Ottawa's Snowsuit Fund along with a group of Ismaili volunteers will work together later this month to make sure kids and adults in the Ottawa-Gatineau region stay warm during the winter. On Jan. 23, the local chapter of Challenging Ismaili Volunteers in Communities (CIVIC), will be on George Street in the Byward Market collecting donated coats and snowsuits for the Snowsuit Fund.

"We (CIVIC) selected the spot because it's a really central area," said event organizer, Roshena Moledina.

A recent transplant from British Columbia, Moledina said one of her friends from Vancouver organizes a coat drive every year, which inspired her to do the same here in the Ottawa/Gatineau area.

"I just thought it would be something nice to do here as well," she said adding her friends warned her when she moved to Ottawa that winters are much harsher than she is



used to.

Moledina said her group will also be accepting winter accessories such as mittens, scarves and hats.

Snowsuit Fundraising Coordinator Margaret Armour said the coat drive means a lot to her charity.

"We are not government funded so we rely on individuals and Ottawa businesses. Anytime someone takes the initiative to help us out, it really means a lot," Armour said.

● MIKE BEASLEY

How to help

People who want to help can contact Moledina at roshena.moledina@gmail.com.

1 The event takes place from 9:30 a.m. to 3:30 p.m.

2 The Snowsuit Fund is an Ottawa-based charity that raises money for the purchase and distribution of snowsuits given to needy children 15 and under.

3 Last winter, the Fund distributed more than 15,000 new snowsuits.

4 Would be volunteers can contact the Fund at (613) 746 5143.

5 For more info go to snowsuitfund.com

Foul play ruled out in baby's death

After conducting an initial investigation, Gatineau police have ruled out foul play in the death of a 15-month-old girl who was rushed to hospital from her home daycare on Monday.

Police spokesperson, Const. Giselle Poirier said the investigation into the circumstances of the child's death continues, and no information will be released until an autopsy is conducted today at St-Justine Hospital in

"Our investigation is to find out if there is something criminal or not."

CONST. GISELLE POIRIER

Police were called to a private daycare at 34 rue Tartan in Aylmer just before noon on Monday morning after they received a call about an unconscious baby.

The child was transported to Hull Hospital where she was pronounced dead.

No charges have been laid, but Poirier says the autopsy results will help police decide if they need to revisit that.

● MIKE BEASLEY

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Haiti still struggling one year after quake

► Government and international community criticized for inaction

The man's body lay face down, his white shirt shining like wax in the sun as he was unearthed in the ruins of a Port-au-Prince restaurant a year after the earthquake.

The bodies still being found in the rubble are a sign of how far Haiti has to go to recover from a disaster that left the capital in ruins and is estimated to have killed more than 230,000 people.

As the dust was still settling from the Jan. 12, 2010 disaster, volunteers and hundreds of aid groups flocked in with food, water and first aid that saved countless lives. But the effort to rebuild has been dwarfed by the size of the tragedy and,

perhaps most fatally, the lack of Haitian and international leadership and co-ordination of more than 10,000 non-governmental organizations.

President Rene Preval did not speak publicly for days after the quake. He has been seen by most Haitians as ineffective at best, and many observers have criticized him for not spearheading reconstruction or making the hard policy decisions needed to rebuild.

Advocacy groups also blame much of the Haitian government's weakness on an international community that is not keeping its pledge of support.

THE ASSOCIATED PRESS



Two construction workers wearing hard hats are smiling and talking. One is wearing a yellow hard hat and the other a white one. They are standing in front of a building with pipes and equipment. A red starburst graphic contains text about information sessions.

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Housing bubble concerns seem out the window

► December's seasonally adjusted annual rate of urban starts fell 13.3 per cent to 149,100 units

Canada's housing market appears to be heading for a soft landing in 2011, with the pace of home-construction slowing last month — easing concern that a glut of new properties will come on the market and undercut real-estate prices.

Canada Mortgage and Housing Corp. reported Tuesday that home starts fell to an annualized 171,500 last month, well down from November's an-

nualized rate of 198,200 units.

Most of the decline was attributed to fewer multiple-family dwelling units — condos and apartment buildings — although single-family housing starts also fell.

Recent data suggest that starts are on a downward track toward the 170,000 number that many believe is the sustainable level of new homes in Canada.

down from an estimated 192,500 units in 2010.

During the last three months of 2010, housing starts averaged on an annualized pace of 181,600, with December the weakest month.

December's drop-off in housing starts was mostly due to a plunge in the multiple starts segment, especially in Ontario, the CMHC said.

THE CANADIAN PRESS

MySpace cuts jobs

Struggling entertainment site MySpace said Tuesday that it is cutting nearly half of its staff worldwide, or about 500 people, after an extensive revamp in October overhauled its look and allowed it to be run with fewer people.

MySpace declined to say how much the cuts would save. A previous round of cuts in June 2009 eliminated 30 per cent of its work force, or about 420 jobs.

News Corp. bought the site in 2005 for \$580 million U.S., but it has been losing money consistently.

In the three months through Sept. 30, the "other" segment housing MySpace lost \$156 million.

News Corp. executives had put MySpace on a short leash to get profitable. MySpace said that since its overhaul, it is "trending positively" with an uptick in new and returning users, although it did not immediately clarify how many. Late last year, it had around 120 million global users, compared with more than half a billion for Facebook.

THE ASSOCIATED PRESS

Market moment

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Oil	Natural gas 1,000 cu ft \$4.481 (+ 8.2¢)
	Gold contracts \$1,384.30 (+ \$10.20)
+ \$1.86 US (\$91.11 US)	

Detroit. Autos



► Models pose with the new Chrysler 300 at the North American International Auto Show.

PAUL SANCYA/THE ASSOCIATED PRESS

Industry revs up for auto show

Thousands from the global automotive industry are gathered in Detroit this week for 30 to 40 worldwide vehicle debuts, as well as exchanging ideas and strategies that affect global economics. The show, which opens to the public Jan. 15, has long echoed the mood of the industry.

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SAY WHAT YOU'RE THINKING: EWWW

Just sayin'

PAUL SULLIVAN



I'm sorry. The only way I can look at 84-year-old Hugh Hefner's recent engagement to 24-year-old Crystal Harris is as a dad.

If I was Crystal's dad and she came home with an 84-year-old beau, I'd have the old geezer arrested for child abuse. Or at least blond abuse.

What is she thinking? The Playboy of the Western World is way past his best before date. Never mind what he's thinking. In fact, I don't want to know what he's thinking.

She's probably thinking: "This won't take long."

Even if it lasts a week and he expires with a smile on his face, is there any dad alive who wants his pride and joy to marry the

world's oldest boy?

But the one who is really upset is Holly Madison, the former Hooters girl and Hef's ex-No. 1. He broke up with her because he didn't want to get married. As if! Now he's marrying this Crystal. Stay tuned for Holly's tell-all, coming up on her reality show, Holly's World, Jan. 29.

I'm not making this up.

Hefner has been exploiting women for more than 60 years, and I guess it's hard to teach an old dog new tricks. Obviously, he is determined to die with his boots on. Or, you could argue, it's a clever strategy. Back

in the day, Hef kept a harem of seven or eight Playboy bunnies at the mansion. Now he's pledging to be faithful to Crystal

"But silicon-stuffed airheads are people, too, and deserve to be protected from the depredations of rabbit zombies."

alone, which is probably a great relief when you're 84, even with Viagra.

Of course, the perpetual party is mainly a myth. Hefner stays home and watches movies or plays cards with his aged cronies. He likes old movies. Crystal's favourite movie is The Little

Mermaid. She was three when it was released, and it has stayed with her ever since.

I guess you could see the Playboy Mansion as a sheltered

workshop for silicon stuffed airheads who couldn't keep your order straight at McDonald's. Who else would think it's a good idea to marry an octogenarian who listens to Bix Beiderbecke on his Victrola?

But silicon-stuffed airheads are people, too, and deserve to be protected from the depredations of rabbit zombies. I have half a mind to get out the pitchforks and the torches, storm the mansion and rescue Crystal from the clutches of Hef the Impaler. (That's if his Viagra prescription has been renewed).

Then I'll send her home to bed without her supper. Or Hef, for that matter.

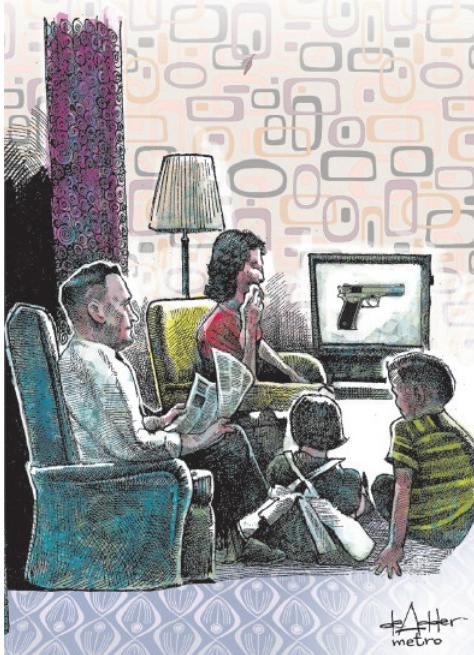


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Cartoon

MICHAEL DE ADDER

AMERICAN CULTURE



Hate confused with anger

Letters & Tweets

Re: Michael de Adder Jan. 10 cartoon

CALGARY. The cartoon in Monday's Metro portraying Sarah Palin and the tea party movement in the U.S. as "hateful" is highly objectionable. Prior to any investigation of the tragedy in Tucson, Ariz., (cartoonist Michael) de Adder is attributing blame to the conservative movement of the U.S.

Palin has not demonstrated any hateful intent. De Adder is confusing hate with anger. The tea partiers demand from their elected officials respect for the rule of law with regards to illegal immigration and demand fiscal responsibility from

Tucson tragedy



state and U.S. federal officials. This is not hateful, it's responsible. **J.A. ZWAHLEN**

TORONTO. What's hateful about having certain principles such as wanting a smaller government, not believing illegal immigrants should jump the line and get a free pass, advocating for personal responsibility (in

other words, nixing the nanny state), desiring lower taxes, etc., etc.?

Newsflash: I'll tell you what's hateful. When people who don't agree with other people's points of view resort to lies by using the "hate card," simply because they have no other sensible argument to make.

RACHAEL BLOOMFIELD

Which one of your habits do you wish you could break?

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Metro Minute at Science Café

Why were early currencies made of silver and gold? What metals do we use today? Carleton PhD student Peter Gordon illuminates these and other mysteries of money, from the chemistry behind coins, to how anti-counterfeiting measures work, to the future of money manufacturing technology. Join him for Science Café — The Chem-

istry Of Money: Gold, Silver And Counterfeiting, from 6:30 to 7:30 tonight at the Wild Oat Café, 817 Bank St. in the Glebe. The Science Café series is organized by Carleton University's faculty of science to discuss relevant issues facing our society and how science can help solve real-world problems.

● METRO



► Carleton PhD student Peter Gordon will speak about The Chemistry Of Money: Gold, Silver And Counterfeiting.

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HOLLYWOOD'S CAUTIONARY TALE

In Focus

RICHARD CROUSE

SCENE@METRONEWS.CA



The Dilemma takes a funny look at infidelity when Vince Vaughn finds his friend's wife has been cheating

Sometimes it seems like Hollywood is obsessed with infidelity, both on screen and off. Celebrity cheating scandals — Jesse and the porn star, Tiger and, well, er... everyone — covered the front pages recently and Zsa Zsa Gabor once famously said, "How many husbands have I had? You mean apart from my own?"

Even supposedly happily-ever-after Tinseltown couples preemptively guard against unfaithfulness by signing "cheat-proof" prenups.

Catherine Zeta-Jones has a legal infidelity clause with Michael Douglas and it's rumoured that Denise

Richards and Charlie Sheen signed one worth more than four million dollars.

In this weekend's *The Dilemma*, a funny take on infidelity, Vince Vaughn discovers his best friend's wife is having an affair.

There have been adultery comedies before, but usually on screen in American films there is a price to be paid for matrimonial betrayal.

Ever since the first cheating Hollywood movie, 1915's *Infidelity*, movies like *The End of the Affair*, *Body Heat* and *De-Railed* have shown the consequences of bed hopping, but one movie stands head and shoulder above the rest as a cautionary tale.

Fatal Attraction begins with Michael Douglas, a married man, who has a fling with Glenn "I'm not gonna be ignored" Close.

When he tries to break off their affair, she

There have been adultery comedies before, but usually on screen in American films there is a price to be paid for matrimonial betrayal.

becomes a lesson in why not to cheat on your wife.

The film was a sensation in 1987 and its most famous clip, the rabbit boiling on the stove scene, even inspired a phrase in the Urban Dictionary.

According to their website, cook your rabbit "refers to the moment when someone goes over the edge in their obsession with another person."

Fatal Attraction was a box office bonanza, inspiring a number of imitators including *The Crush*, *Single White Female* and a spoof called *Fatal Instinct*.

More poignant is *Same Time Next Year*, the story of a 26-year long affair. Alan Alda and Ellen Burstyn star as an extramarital couple who rendezvous once a year from youth to old age.

Based on a stage play by Canadian Bernard Slade, it's a nice mix of humour — when asked how many kids he has Alda lies, saying two rather than three, saying, "I thought it would make me seem less married," — and emotion.

Perhaps the strangest infidelity movie on our list is *Come with Me My Love*, a supernatural tale about a man who kills his cheating wife, then commits suicide, only to come back as a ghost 50 years later to haunt his old apartment.



Canadian pop star Avril Lavigne has released the lead single off her forthcoming album, *Goodbye Lullaby*. The first single, *What the Hell*, was made available digitally yesterday in the lead up to the release of her fourth album, due Mar. 8. In a blog post late last year, Lavigne expressed frustration with her label and the delayed release of the new album.

THE CANADIAN PRESS

Republic of Doyle returning tonight

 ANNE BRODIE
SCENE@METRONEWS.CA

Stolen chip trucks, gangs, prodigal sons, murder and mayhem come to roost this year in Allan Hawco's hit series *Republic of Doyle*.

Newfoundlander Jake Doyle's unconventional approach to crime fighting, his unique partnership with his father Malachy and Hawco's charm have won the show five Gemini nominations,

an international viewership and interest from the likes of Paul Gross, Martha Burns, Gordon Pinsent, Lindy Booth, Don McKellar, Nic Campbell and Victor Garber, who will drop by to complicate things.

Hawco's Doyle is an odd TV private eye. "He won't carry a gun. We're not dealing with a hero who shoots people. There are corpses and high stakes but it is important that Jake isn't the initiator of violence. It

doesn't suit him; he was never interested in that kind of behaviour."

Professionally, Doyle's a "dog with a bone. He's obsessive. If he feels injustice is happening to somebody he has to make it right and hold people accountable."

But personally, he's less clear. "Jake has a lot of complications this year. Malachy has a heart attack. It's the reality of what happens. We'll see Malachy again but I can't

explain, I'm not saying he comes out all right."

And there's a change of address from the Doyle home to a downtown loft. Could this signal a sudden Doyle hipsterism? "No, my Lord! It's in the building over the bar. He's crashing on the couch there because his girlfriend threw him out of the house. It's as far away as hipster as you can get."

The show airs Wednesdays at 9 p.m. on CBC.



An Everyman in Movie Land, Globes nominee Paul Giannetti thrives in depicting life's disorder

Divorce taking its toll on Johansson

► Actress recently split with Ryan Reynolds ► New bachelor being linked to Sandra Bullock ► Johansson spotted smoking and 'looking like a mess'

Scarlett Johansson was spotted at Jeremy Renner's 40th birthday party in Hollywood over the weekend "looking like a mess," according to Hollyscoop.

"Scarlett was drinking vodka with lime, and was smoking cigarettes," says the source, who noted the actress — who recently separated from Ryan Reynolds — hid a shorter hairdo under a baseball cap at the party.

"She looked like she was going through a divorce," the source says.

● METRO



► Scarlett Johansson



► Owen Wilson

Wilson prepares for fatherhood

Owen Wilson is getting ready to be a dad, with girlfriend Jade Buell set to give birth in Hawaii "any day now," according to Us Weekly.

Wilson is "very excited and involved with the pregnancy," a source says.

"[Owen] has been doing research and learning as much as he can."

"He's super into it and asks a lot of questions to make sure he knows what's going on every step of the way."

● METRO

Talking points

Douglas wins tough battle with cancer

Michael Douglas is happy to report that he's cancer-free.

"I think the odds are with the tumor gone and what I know about this particular type of cancer that I've got it beat," he tells Matt Lauer during an interview for the Today show.

"I feel good, relieved. The tumor is gone. But, you know, I have to check out on a monthly basis now to maintain."

● METRO

Celebrity tweets



Jeremy Piven
[@jere-mypiven]

Women officially become crazy the year they won't tell you their age...



Sarah Silverman
[@SarahKSilverman]

I don't know that I'd call it gumption but I at least have the inclination to take 3 baths a day.



Aziz Ansari
[@aziz-ansari]

Does anyone think all these dead birds and fish is a viral marketing campaign for the movie Country Strong?



Emmy Rossum
[@emm-yrossum]

Lesson of the day: Maybe not so wise to ask boys in the twitterverse which avatar I should use unless I am prepared to hear "kitchen scene!"

Shakira's new status: Single

Pop star Shakira is single again, having split up with her longtime boyfriend, Argentinean political advisor Antonio de la Rua, according to a statement on her website.

"During our almost 11 years together we have loved each other deeply, taken care of each other and stood by one another," the statement reads.

"They have been the most wonderful years of our lives, and thanks to that love and the respect that we share for one another we have been an exceptional couple and partners."

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► Shakira

► Got the winter blahs? If so, it's hard not to feel perked up when you are hanging out with Bonhomme, Quebec City's most popular resident, at the Quebec Winter Carnival



► Bonhomme is the mascot of the annual Quebec Winter Carnival, which runs from Jan. 28 to Feb. 13.

Winter fun with Bonhomme

THE TRAVELLIN' CANADIAN

DARREN PARKMAN

TRAVEL@METRONEWS.CA



In the midst of all these post-holiday grey days, who wouldn't need a little pick me up in the form of sub zero merrymaking?

Old Quebec City is just the remedy for those winter blahs. The historic city

offers one of the oldest, (and truly coldest) winter festivals around.

When I was a young lad, I was actually afraid of that giant smiling snowman with the red toque towering above us mere mortals.

Turns out, the Bonhomme Carnaval is just as friendly as Frosty the snowman, and that is why he remains the lovable mascot of the largest winter carnival in the world. Talk about Canadian history.

After checking into the beautiful and historic Chateau Frontenac hotel

on the banks of the St. Lawrence, I was amazed at all the snowy festivities taking place all over old Quebec. Elaborate evening parades, sleigh and dog sled rides, concerts, and snow sculpting to name just a few.

The very funny and icy canoe race on the St. Lawrence River is not to be missed. And if you're really adventurous you can zip-line right through the middle of the historic Plains of Abraham, which

happens to be the nucleus of the carnival. It's also a fun tradition to actually skate alongside the Bon-

homme himself, so better sharpen those blades. That chilly dude can hustle!

All this wintery fun has been part of the Quebec winter calendar since 1894, and began with the habitants of New France, who knew how to eat, drink, be merry, and get a little rowdy prior to lent.

Let's face it, this time of year there's no sense in fighting the cold ... might as well celebrate it. What better place to do that than in cool old Quebec?

This year's Quebec Winter Carnival runs from Jan. 28 to Feb. 13.

Plenty of history, heights in Quebec City

If you need a break from the Carnival, here are some other cool things to do in Quebec City.

Shop in Petit Champlain:

Check out North America's oldest shopping district, located at the foot of Dufferin Terrace in the Vieux Port. Watch actors re-enact Quebec's 400-year history, or chow down at any one of a dozen bistros.

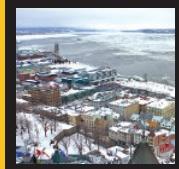
Visit Canyon St. Anne:

Marvel at the highest pedestrian bridge in Quebec, and walk over three separate suspension bridges, past a giant waterfall. For the more adventurous, try first class bungee jumping, zip-lining and mountain biking.

● DARREN PARKMAN

3 life

News in brief



Organizers of the Quebec Winter Carnival will be inviting visitors to spend a night in the cold, sleeping in tents on the Plains of Abraham. Tents that can accommodate up to four people will be provided along with sleeping bags in a "winter village" that will be set up for the 57th edition of the carnival, which runs from Jan. 28 to Feb. 13. The tents will be available on three nights: Jan. 29, Feb. 5 and 12.

THE CANADIAN PRESS



SCANLIFE

Egypt displeased with treatment of Cleopatra's Needle in New York City

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casanova.ky

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Blue
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ritzcarlton.com

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turtlenestinn.net

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thereef.com.ky

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Ritz-Carlton
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ritzcarlton.com

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Cayman-Horse-Rides.com

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fatfishadventures.com

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Cayman Marine Lab
Tom Byrnes is the Cayman's only marine biologist and as such he's a brilliant guide to the underwater mysteries of the islands. Personalised dives and not too much trouble.
caymanmarinelab.com



► The blue view off a pier in The Cayman Islands.

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13

► Travelling to paradise can seem pricey but there are ways to make it affordable ► Look for good deals and take advantage of free activities

BETH HARPAZ/THE ASSOCIATED PRESS



► Getting surfing lessons in Hawaii.

Hawaii on a budget

While planning a week-long family trip to Hawaii as an escape from winter, I kept getting suggestions from friends, websites and even my kids for all kinds of "must-see" activities.

Helicopter tours! Dolphin encounters! Luau! Bike rides down volcanic mountains!

Then I checked out the prices for all these marvels. Helicopter tour, \$200. Dolphin encounter, \$100. Luau, \$100. Bike ride, \$100.

Now multiply each fee by four, for me, my spouse and two kids. I'd just added \$2,000 to the budget for our trip.

But if we didn't do any of these things, would we really feel we'd missed out?

I'm happy to report we skipped 'em all with no regrets. Yet our trip to Hawaii was spectacular. We hiked through rain forests, walked across a volcano floor, stargazed from the world's tallest mountain, and swam in a bay so full of colourful sea life that it was like stepping into an aquarium.

The cost for these activi-

ties, aside from parking or car entry fees: Zero.

Which is not to say that a vacation to Hawaii can be done on a dime. We pounced on a \$550 US round-trip airfare, but even that meant \$2,200 US for a family of four.

We stuffed ourselves at free hotel breakfasts and at places like Me's BBQ, 151

Ulunii St. in Waikiki on Oahu, where the plate lunch (a mix of choices including chicken, fish, pork, vegetables, rice and macaroni salad) fills you up for under \$10. But most of all, we collected memories from one amazing adventure to the next, without spending a lot of cash. Here are some details.

Diamond Head, Pearl Harbor, hula show and surfing in Oahu

The famous beach at Waikiki is located in Honolulu on Oahu. Here I found a wonderful free alternative to a luau, which I wanted to attend not so much for the mai tais as for the performances.

No visit to Oahu is complete without visiting its two most famous landmarks: Diamond Head and Pearl Harbor. A steep 2.5-kilometre roundtrip trail to the summit of Diamond Head's volcanic cone offers panoramic views of the ocean and Honolulu.

At Pearl Harbor your visit begins with a film on the site's history. Then take a short boat ride to the USS Arizona Memorial.

THE ASSOCIATED PRESS

Kalalau Trail and Hanalei Bay on Kauai

The Kalalau Trail on

Kauai's Napali Coast is 18

kilometres one way, but

the first section — 6.5 kilo-

metres round trip —

makes a perfect half-day

outing (kalalautrail.com).

Mauna Kea Volcanoes Park and Kahului Bay on the Big Island

Mauna Kea, the world's

Getting scared in Ottawa

► Canada's capital has plenty of guests of the ghost realm ► Historical figures, criminals, even teachers

Getting into the spirit of Canada's capital usually means a day at the Parliament Buildings, a walk through the farmer's market or a visit to the many museums or galleries.

But those with a spectral frame of mind might want to skip the usual attractions and just go for the spirits themselves.

Dozens of ghosts are claimed to haunt Ottawa, living everywhere from the posh Fairmont Chateau Laurier Hotel to the suburbs of Barrhaven.

Some are historical figures, such as the spectre rattling around the castle-like Chateau Laurier said to be that of Charles Melville Hays. He was general manager of the Grand Trunk Pacific Railway of Canada, which commissioned the hotel.

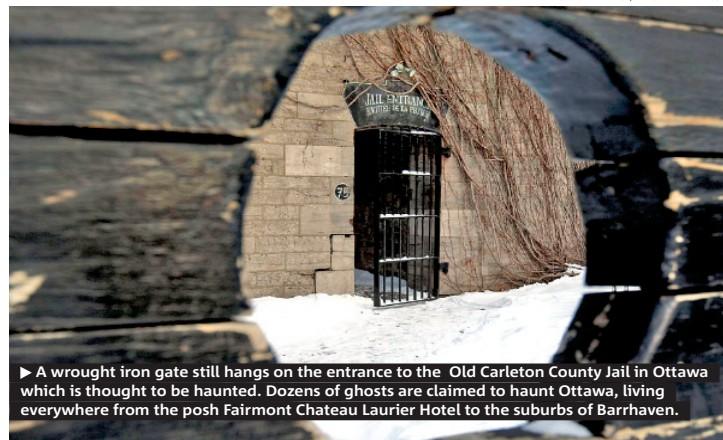
He travelled to Europe

to choose furniture for the hotel dining room, made what turned out to be a poor choice for his return trip and sailed back on the Titanic. It sank and Hays died, never to see his grand hotel open to the public.

Ever since, guests and staff have reported seeing a man resembling Hays wandering the hotel or they have observed objects shake and move at random.

It's not the only place where visitors can lay their heads alongside Ottawa's haunted history. A hostel in the heart of downtown occupies a former prison.

The Carleton County Gaol's most famous inmate was Patrick Whelan, convicted of the assassination of Thomas D'Arcy McGee, one of the Fathers



► A wrought iron gate still hangs on the entrance to the Old Carleton County Jail in Ottawa which is thought to be haunted. Dozens of ghosts are claimed to haunt Ottawa, living everywhere from the posh Fairmont Chateau Laurier Hotel to the suburbs of Barrhaven.

of Confederation.

Whelan was executed for his crime in the last public hanging in Canada and his is one of the spirits said to roam the cellblocks now used as hostel rooms.

Not all of Ottawa's ghosts are as famous.

Part of Ottawa's city

hall is a former teachers college, built in 1875, where for years people have reported seeing the figure of a woman in the halls, moving back and forth between two rooms, opening and closing the doors.

A yearbook yielded a



clue for researchers trying to uncover the ghost's identity. One of the head teachers, Eliza Bolton, was behind a change in school policy that required one teacher to supervise two classrooms.

That meant they had to move back and forth be-

tween two rooms. Apparently Bolton is paying for her administrative zeal by forever moving back and forth between classrooms.

Her photo in the yearbook matched the description of the ghost, as did her behaviour.

"Those are the moments that are a lot of fun in this job," said Glen Shackleton, Ottawa's resident ghost researcher. "When you get an a-ha moment and the hairs on the back of my neck stand up. It is a spooky business for sure."

Shackleton has parlayed his love of historical research into a company than runs haunted tours of Ottawa.

He digs up biographies of the banshees by combing through historical records and old newspapers — especially those published around Halloween, when newspapers are more likely to print stories of alleged hauntings.

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Las Vegas Air + 4 Nights			
\$379 Monte Carlo INCLUDES accom on the Strip. Departs Jan 25/ggv/dl. UPGRADE to the 5-star Mirage for \$14 per night.			

Boston Air + 4 Nights	\$479	+ taxes & fees \$107
Courtyard Downtown Boston INCLUDES downtown accom in the theatre district. Departs Jan 19/ggv/ac. ADD Boston trolley tour & harbour cruise for \$35.		
New York Air + 3 Nights		
\$589 Park Central Hotel INCLUDES Manhattan accom near Times Square. Departs Jan 20/ggv/ac. ADD roundtrip airport transfers for \$46.		

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Preparation:

- 1** Blend milk, yogurt, strawberries and maple syrup until smooth. This recipe makes 750 ml (3 cups).
- THE CANADIAN PRESS

Canadian chef aims for kitchen gold

► Ryan Stone will compete in an international competition in France

When Ryan Stone hits the stage at a convention centre in Lyon, France, he'll be entering what can only be described as the Olympics of the culinary world.

"It's life-consuming," Stone says of the preparation involved in representing Canada in the glitzy and popular Bocuse d'Or competition involving 24 countries.

Top food wizards from Argentina to Uruguay will vie for a prestigious trophy and \$35,000 euros as they prepare lamb and fish dishes in five and a half hours on Jan. 25 and 26.

A team of 12 chefs will compete each day, with Stone going head to head with his rivals on the second day of the event.

Stone says the atmosphere will be electric as 8,000 spectators watch the chefs' every move in the knock-down, drag-out event that's been held every two years since 1987.

"I compare it to watching a playoff hockey game and a rock concert combined," he says.

"People who are watching are really loud, they've got music pumping through the speakers there and two MCs. It's crazy."

Stone, 28, was selected in 2008 to represent Canada at this year's Bocuse d'Or from among five chefs at a competition in Montreal where he cooked two winning dishes including a black cod and lobster combo rolled together with a scallop mousse made of chives, parsley, tarragon and truffles.

Stone's eight-member team includes a manager who has secured sponsorships, liaised with organizers in Lyon and helped launch fundraisers that will net about \$350,000 to compete at the show.

Stone says the two large silver platters that will display his lamb and fish creations cost about \$40,000, and the rest of will go toward everything from air fare to all that lamb and fish that he's been cooking up over and over again for months.

Last February, the competitors for this year's Bocuse d'Or received word about which type of meat and fish they'd be cooking — saddle of lamb, which

includes both sides of the loin with the backbone still attached, along with monkfish, Scottish brown crab and langoustine, which is similar to baby



► Canadian chef Ryan Stone will compete at the glitzy Bocuse d'Or competition in France.

lobster.

Canadian chefs have never placed in the top three at the Bocuse d'Or contest, but neither have those from the United States, Stone points out.

"The best we've placed is fourth, and the best that the States has placed is fifth. We've pretty well always placed in the Top 10."

This year, the country to watch is Denmark, according to Stone.

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Depression cuts co-worker communication

Most Canadians that experience depression in their lifetime will be affected in their working years.

While the impact on productivity in a workplace can be significant, employers may not recognize how relationships with co-workers can also be impacting performance. A recent Leger Marketing survey of Canadians living with depression found that most (67 per cent) respondents said their depression impacts their relationship with co-workers, with half avoiding contact altogether.

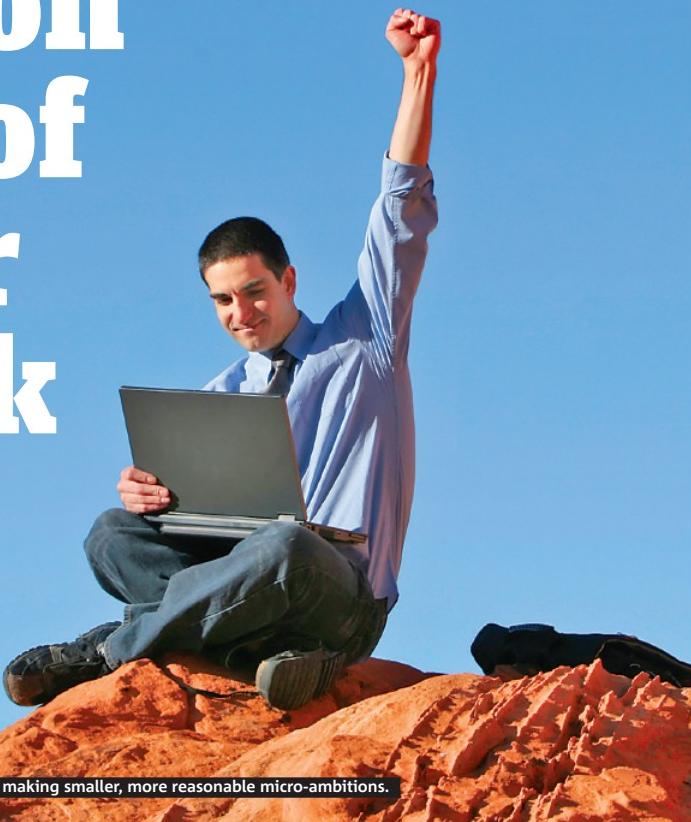
This avoidance with co-workers is not surprising given the survey also explored perceptions about

depression and found that two-fifths of diagnosed Canadians believe depression is not perceived by the public as a medical condition (43 per cent) while less than five per cent of Canadians actually have that view.

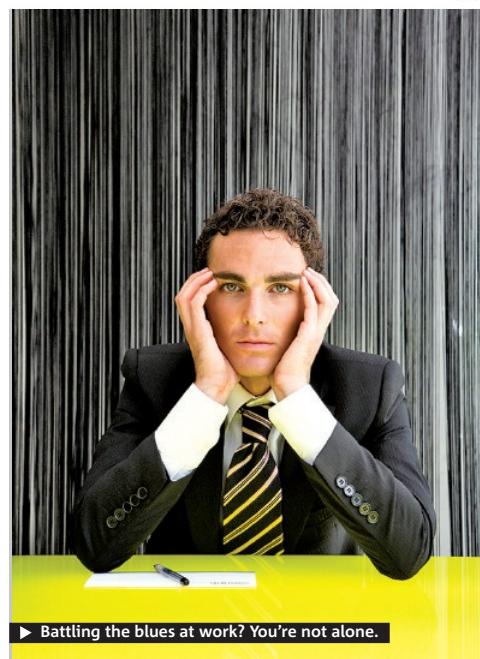
"The general population's view about depression shows that we are clearly making progress in the understanding and management of the illness. However, we need to ensure that this knowledge and empathy toward those diagnosed with depression is translated into action," said Paula Allen, vice president of organizational solutions for Shepell.fgi.

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DREW HINSHAW
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The new year is young – and so is the decade – but if you dive right into it, you may miss the best moment to rethink your daily drudgery and set a new year's resolution in place, one more meaningful than a weight-loss program.

The first month of the year finds work loads light as workers crawl back to their stations at a post-holiday pace, which is why career counsellors say it's best to set ambitious and

intrinsically rewarding goals now – before the holiday vibe curdles like that last carton of eggnog.

"People should have ongoing goals they assess a minimum of once a year, but those goals shouldn't be just what you are going to achieve for the company, but where you want to be," says Jane Cranston, a career coach in New York.

When those old routines speed up, and the smart phones resume buzzing at a frequent pace, it can become easy to lose track of why you go through it all in the first place.

You have to regularly ask yourself, 'How will future generations think about your contribution to the world?'

Fearless Career Change author Marky Stein notes, "It's a big, final, existential question, but it's important for people to ponder."

If that seems a broad and daunting question, set meaningful micro-goals, Cranston recommends.

"Be fair to yourself," she stresses. "Goals should be smart – specific, measurable, attainable, realistic and timely. Break them into manageable pieces and tell another person

about your goal."

"Better yet, work together to achieve them," she continues.

However expansive or small your 2011 ambitions, there's no better time to act on them than in this lull at the beginning of the year, Stein says.

"You can get your résumé in on a week where they'll only be receiving 10 résumés instead of 150," she explains. "In January, most companies have planned their new budget and have brand new budgets for brand new positions."

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Cringe-free career talks

Feel like your child has no direction? Let Barbara Cooke, author of Parent's Guide to College and Careers: How to Help, Not Hover give you a few pointers.

Consider the difference between guidance and control.

Guidance is helping your child identify strengths and connect those strengths to opportunities in the economy. Control is dictating your child's career choice.

Guidance is helping them get firsthand information about opportunities.

Control is doing the research yourself.

Guidance is saying, "I want you to talk to two engineers before you reject an engineering major." Control is saying, "I won't pay for college unless you major in engineering."

Take the pressure off the process of career-planning. Help your child separate career info-gathering from career decision-making. All you are asking your child to do at this point is to gather information. You are not asking him or her to make a decision based on that in-

formation. Encourage your child to act as an objective journalist who is conducting research, interviewing people and observing work environments. **NEWSCANADA**



PARENT'S GUIDE TO
College and
Careers
HOW
TO HELP
NOT
HOVER

• Effectively help your children with education and career
• Know when you should and shouldn't get involved
• Know when your child is ready to graduate from school
• For new parents and students who are trying to figure out

See you in CPR class

► The American Heart Association wants all U.S. secondary students to be trained in CPR ► Should Canada follow suit?

Learning CPR at school has given 14-year-old Olivia Frierson more confidence when she babysits or helps out at a church nursery.

"I'm not as worried if something would happen," said Olivia, a ninth-grader at Shaker Heights High School in suburban Cleveland.

The American Heart Association thinks there should be more students like Olivia. It wants states to require high school students to learn how to give CPR and use an automated external defibrillator before they graduate.

That would "create a generation that could be

trained, ready and willing to act," said Mary Fran Hazinski, a professor at Vanderbilt University School of Nursing in Nashville, Tenn.

She's one of the authors of an advisory released Monday that the heart group developed with the American Academy of Pediatrics and the American College of Emergency Physicians. It calls for state legislatures to require students to get CPR and AED training before graduating from high school.

At least 36 states either require or encourage cardiopulmonary resuscitation training in schools,

according to the heart group. However, that ranges from suggesting that students recognize the steps of CPR to requiring certification.

Sudden cardiac arrest – when the heart suddenly stops beating – is a leading cause of death in the U.S. The heart association says an estimated 300,000 cardiac arrests occur outside the hospital each year.

Survival, which varies greatly from region to region, is estimated to be only about eight per cent on average.

"Bystander CPR can double or triple survival," said Hazinski.

By teaching students CPR and how to use a defibrillator, "They'd be available to respond at home, in public places like malls and health clubs," she said.

At Shaker Heights High School, students learn those skills during a four-week program that's part of a physical education class, said Stuart Gilbert, head of the school's health and PE department.

The students are at a "perfect age" for the classes, he said, because they're babysitting and getting other jobs that require such skills, like being a life-guard," he said.

THE ASSOCIATED PRESS



► Students perform chest compressions on baby mannequins during a CPR training class at Shaker Heights High School in Shaker Heights, Ohio.

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4

sports

Quoted



"I think everybody's really curious to see how it goes. The players that I've spoken to, whether they'll be in it or sitting in a tiki hut down in the Caribbean, they're all sort of interested to watch the players play general manager."

NHL EXECUTIVE BRENDAN SHANAHAN, ON THE NEW FORMAT FOR THE ALL-STAR GAME, IN WHICH TWO CAPTAINS SELECT THE SQUADS. THE LEAGUE NAMED THE PLAYERS WHO WILL TAKE PART IN THE GAME YESTERDAY.

► Bergeron scores three goals as Boston improves to 2-1 vs. Ottawa



Patrice Bergeron registered his first career hat trick while Tim Thomas earned his sixth shutout of the season as the Boston Bruins routed the

Ottawa Senators 6-0 last night.

Brad Marchand and Tyler Seguin each had a goal and an assist and David Krejci added a pair of assists for the Bruins, who picked up right where they left off Monday night.

Boston rallied for four goals in the final three minutes of a 4-2 win at Pittsburgh.

Thomas made 31 saves and the Bruins improved to 2-1 this season against the Senators. All three games have been shutouts.

THE ASSOCIATED PRESS

Around the NHL

Elsewhere last night.

- RALEIGH, N.C. Rookie Jeff Skinner scored in the shootout and Cam Ward stopped Calgary cold to lift the Carolina Hurricanes past the Flames 6-5.
- COLUMBUS, Ohio Derek Morris's slapshot with 9:16 left went in off goalie Mathieu Garon's back, giving the Phoenix Coyotes a 4-3 victory over the slumping

Columbus Blue Jackets.

- NEW YORK Jaroslav Spacek scored the tying goal in the second period and Benoit Pouliot put Montreal ahead for good in the third as the Canadiens beat New York 2-1 and snapped the Rangers' three-game winning streak.
- UNIONDALE, N.Y. Mason Raymond and Ryan Kesler scored in a shootout, and the surging Vancouver Canucks beat the New York Islanders 4-3.



► Matt Carkner grabs his face after Tyler Seguin is called for a high-sticking penalty.

Opinion

KEN CAMPBELL

THE HOCKEY NEWS



SENS' WOES DEEP-SEATED AND PLENTY

The Ottawa Senators could deal a few veterans and shed a little bit of salary before the NHL's trade deadline to be sure, but in reality that would be tantamount to putting a Disney Princess Band-Aid on a blunt trauma victim.

This particular patient needs radical surgery and the recovery process will be a long and difficult one. That is the reality facing the Senators as they decide what direction they will take as the Feb. 28 trade deadline approaches.

It would probably be a nice touch for them to trade defenceman Chris Phillips to a contending team after all he has given the Senators on and off the ice.

A few other deals might be made involving players whose contracts expire after this season. But let's not get silly here. Nobody will be touching Alexei Kovalev even if the Senators offered to pay them to do so.

They might be able to get a late-round pick for Jarkko Ruutu's expiring contract or Peter Regin, but both the real money and salary cap savings will be minimal.

But generally speaking, the Senators are trapped in what is becoming known in the NHL as salary cap hell. They have too many underachieving players on the types of big-money, long-term deals that have effectively made them untradeable.

There's no team in the NHL that would take Jason Spezza in a trade, not with a \$7-million cap hit each of the next four seasons. Sergei Gonchar at \$5.5 million for the next three seasons? Not likely. Milan Michalek at \$4.3 million until 2013-14? Not on your life. Captain Daniel Alfredsson should not — and will not — be going anywhere.

In many ways, the Senators are stuck with what they have and it's not as though they have a bevy of dynamic young talent on the way up to vault them back into respectability in the next season or so. Anyone who watched the recent world junior championship has come to the inescapable conclusion that goalie Robin Lehner and defenceman Jared Cowen are, in a best-case scenario, long-term NHL projects.

The sense around the hockey world is that neither GM Brian Murray nor coach Cory Clouston will be occupying their current job titles next season. Whether that tandem is replaced by Pierre McGuire and Ken Hitchcock or anyone else, whoever takes those jobs should insist on long-term deals because they have one enormous rebuilding job ahead of them.



Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	41	26	10	2	3	137	107	57	13-0-2	13-4-2	7-3-0	W3
d-Tampa Bay	43	25	13	3	2	128	137	55	12-3-1	13-0-2	6-3-0	L1
d-Boston	42	23	12	2	5	123	93	53	10-7-2	13-5-3	6-1-2	W2
Pittsburgh	44	26	14	2	2	138	105	56	14-9-4	12-5-2	4-4-2	L3
Washington	42	24	12	3	3	123	109	54	15-4-2	9-8-1	6-1-2	W1
NY Rangers	45	25	16	2	1	127	109	53	10-9-1	15-7-1	5-3-1	L1
Montreal	43	24	16	3	0	100	100	51	14-5-4	10-11-0	5-4-1	W3
Atlanta	45	22	16	3	4	140	140	51	11-8-2	11-8-2	3-5-2	L2
Carolina	42	21	15	2	4	127	128	48	10-7-1	11-8-3	7-1-2	W4
Buffalo	41	18	8	5	0	113	119	41	9-10-1	9-4-0	5-4-1	W2
Florida	40	18	20	1	1	109	106	38	8-8-1	10-12-0	4-4-1	L3
Toronto	41	17	20	2	2	108	123	38	9-10-2	8-10-0	5-5-0	W3
Ottawa	43	16	21	4	2	93	132	38	9-12-1	7-9-3	3-5-1	L6
NY Islanders	41	13	21	3	4	97	134	32	7-7-1	6-4-2	6-3-1	L2
New Jersey	42	11	29	1	1	78	133	24	7-13-1	4-16-0	2-8-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	42	28	8	3	4	145	103	62	15-3-2	13-5-2	9-0-1	W1
d-Detroit	43	27	11	4	1	149	123	59	13-5-3	14-6-1	6-3-1	L1
d-Dallas	45	25	13	1	4	124	118	52	12-6-2	13-7-0	5-3-2	W1
Phoenix	43	21	6	3	2	123	121	51	8-5-3	13-8-3	6-2-1	W2
Nashville	41	22	13	4	2	108	97	50	10-4-3	12-9-3	5-5-0	W5
Colorado	43	22	15	6	0	144	138	50	12-9-4	10-7-3	3-5-2	W1
Anaheim	45	23	18	2	2	117	123	53	15-7-0	8-1-1	6-4-0	W2
Chicago	44	23	18	2	1	136	121	49	14-10-0	9-9-2	6-4-0	L1
Los Angeles	42	23	18	1	0	126	108	47	14-7-0	9-11-0	4-6-0	W1
Minnesota	42	21	16	1	4	107	118	47	10-10-2	11-6-2	6-3-0	L1
San Jose	43	21	17	4	1	119	118	47	10-7-2	11-10-2	4-6-0	L4
St. Louis	41	20	15	2	4	116	116	46	14-7-0	6-8-2	5-4-1	L4
Columbus	43	20	20	2	1	130	134	43	11-10-1	9-10-2	3-7-0	W5
Calgary	43	18	20	1	4	117	129	41	11-8-1	7-12-1	4-4-2	L4
Edmonton	40	13	20	1	6	101	138	33	7-11-2	6-9-3	2-6-2	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Boston	0	Ottawa	0
Carolina	4	Calgary	5 (SO)
Montreal	4	NY Rangers	1
Vancouver	4	N.Y. Rangers	3 (SO)
Phoenix	4	Columbus	3
Philadelphia	2	Buffalo	
Washington	0	Florida	
Minnesota	0	Nashville	
Edmonton	0	Dallas	
Toronto	0	San Jose	

Monday's results

Toronto	3	Los Angeles	2
Boston	4	Pittsburgh	2
Colorado	5	Detroit	4
Phoenix	4	St. Louis	3
Tight's games	0	Pittsburgh at Montreal	7:30 p.m.
	0	Washington at Tampa Bay	7:30 p.m.
	0	Colorado at Chicago	8:30 p.m.
	0	St. Louis at Anaheim	10 p.m.

HURRICANE FLAMES 5 (SO)

First Period
1. Carolina, Jokinen 7 (Bra.Sutter) 16:29
2. Calgary, Bourque 11 (LaRose, Skinner) 11:46
3. Calgary, Iginla 18 (Tanguay, O.Jokinen) 13:06
4. Carolina, J.Jokinen 8 (Bra.Sutter) 16:29
Penalties — Pardy Cal (tripping) 7:30, Sarich Cal (hooking) 8:40.
Second Period
5. Carolina, Cole 12 (Jokinen, Samsonov) 2:16
6. Carolina, E.Staal 21 (White, Ward) 5:57
7. Carolina, J.Jokinen 8 (Gleason, Dwyer) 14:50
8. Calgary, Hayman 9, 16:48
Penalties — Morrison Cal (slashing) 0:08, Kaliakos Cal (slashing) 3:32, Harrison Car (hooking) 7:32
Third Period
9. Calgary, Glencross 10 (Hagman, Regehr) 1:31
10. Calgary, Bourque 14 (Morrison, Jackman) 7:39
Penalties — Sarich Cal, LaRose Car (roughing) 4:52, Skinner Car (boarding) 8:37.
Overtime
No Scoring.
Penalty — Bourque Cal (slashing) 2:38.
Shootout
Carolina wins 1-0
Calgary 0 — Tanguay, miss; Kotalki, miss; Hayman, miss.
Carolina (1) — J.Jokinen, miss; Skinner, goal; Rutherford, miss.
Shots on goal by
Calgary 12 8 12 0 32
Carolina 6 9 9 4 30
Goal (shots-saves) — Calgary: Kuprusoff (8-4), Karlsson (L2-3) (5-37 second) (22-21); Carolina: Ward (W18-11-5).
Power plays (goals-chances) — Calgary: 0-2; Carolina: 0-4.
Referees — Greg Kimmerly, Tim Peel. Linesmen — Tim Nowak, Andy McElman.
Attendance — 10,096 (18,680).

CANUCKS 4, ISLANDERS 3 (SO)

First Period
1. Vancouver, Burrows 9 (D.Sedin, H.Sedin) 4:58
Penalties — Colton (nyh) (holding) 12:05, Colliton (nyh) (hooking) 17:52.
Second Period
2. NY Islanders, Hillen 1 (Comeau, Jurcina) 15:12
3. Vancouver, Kesler 24 (Samuelsson, Torres) 19:44
Penalties — Glass Vcr, Martin NVI (fighting) 10:57, Tambellini Vcr (hooking) 13:12.
Third Period
4. NY Islanders, Tavares 15 (Schremp, Macdonald) 3:14 (pp)
5. NY Islanders, Comeau 11 (Reese, Schremp) 14:24
6. Vancouver, Bieksa 6, 14:58
Penalty — Bieksa Vcr (high-sticking) 2:57.
Overtime
No Scoring.
Penalties — None.
Shootout
Vancouver wins 2-1
Vancouver (2) — Raymond, goal; Tambellini, miss; Kesler, goal.
NY Islanders (1) — Schremp, goal; Parenteau, miss; Tavares, miss.
Shots on goal by
Vancouver 20 10 18 3 51
NY Islanders 9 16 15 1 41
Goal (shots-saves) — Calgary: Kuprusoff (8-4), Karlsson (L2-3) (5-37 second) (22-21); Carolina: Ward (W18-11-5).
Power plays (goals-chances) — Vancouver: 0-2; NY Islanders: 1-2.
Referees — Stephane Auger, Marc Joannette, Steve Barton, Greg Devorski, Ryan Reaves from Peoria (AHL). Assigned F.T.J. Hensick to Peoria.
ST. LOUIS — Recalled F Philip McRae and F Ryan Reaves from Peoria (AHL). Assigned F.T.J. Hensick to Peoria.

Attendance — 8,913 (16,234) at Uniondale, N.Y.

Attendance — 10,096 (18,680).

BRUINS 6, SENATORS 0

First Period
1. Boston, Bergeron 11, 3:33
2. Boston, Wheeler 10 (Seguin, Krejci) 9:47
Penalty — Seguin Bos (high-sticking) 17:40.
Second Period
3. Boston, Bergeron 12, 2:50
4. Boston, Marchand 8 (Seidenberg) 14:07
5. Boston, Seguin 7 (Krejci, Chara) 15:26
Penalties — McQuaid Bos (interference) 0:46, Winchester Ott, Horton Bos (fighting) 3:23, Ference Bos (roughing) 3:46, Carkner Ott, Thornton Bos (fighting) 10:26.
Third Period
6. Boston, Bergeron 13 (Marchand) 5:04
Penalties — Ruutti Ott (roughing) 6:58, Carkner Ott (roughing, fighting), Paille Bos (fighting) 14:50, Fisher Ott (delay of game) 16:52.

Boston: 0-3; Ottawa: 0-17 12 39

Goal (shots-saves) — Ottawa: Elliott (L12-5) (7-22), Brodeur (start third) (12-11); Boston: Thomas (W19-4-0).

Power plays (goals-chances) — Ottawa: 0-3; Boston: 0-3.

References — Chris Rooney, Brad Watson. Linesmen — Derek Nansen, Anthony Sericolo. ATC — 17,565 (17,565) at Boston.

TENNIS

SYDNEY INTERNATIONAL

At Sydney
Yesterday's results
MEN
Singles
Second Round
Richard Gasquet (5), France, def. Matthew Ebden, Australia, 6-4, 6-3.
Guillermo Garcia-Lopez (7), Spain, def. Chris Guccione, Australia, 7-6 (5), 7-5.
Juan Ignacio Chela, Argentina, def. Radek Stepanek, Czech Republic, 6-4, 6-3.
Andrea Soler Espinosa, Spain, def. Potito Starace, Italy, 6-7 (6), 6-4.
Antreas Seppi, Italy, def. Denis Istomin, Uzbekistan, 6-1, 6-0.

Gilles Simon, France, leads Yen-hsun Lu, Taiwan, 6-0, 3-2 (sus., darkness).

Alexandr Dolgopolov, Ukraine, vs. Bernard Tomic, Australia, 6-7 (3), 6-1.

Flavia Pennetta, Italy, def. Vera Zvonareva (Russia), 7-5, 7-5.

Kim Clijsters, Belgium, def. Barbara Záhlavová Strýcová, Czech Republic, 6-1, 6-4.

Svetlana Kuznetsova, Russia, def. Sam Stosur (Australia), 3-6, 6-3, 6-4.

Victoria Azarenka (7), Belarus, def. Shahar Peer, Israel, 7-5, 6-3.

Li Na (8), China, def. Virginie Razzano, France, 6-4, 6-4, 6-4.

Alisa Klejhanova, Russia, def. Maria Jose Martinez, Spain, 6-2, 6-4.

Roman Safin (9), Russia, def. Peng Shuai, China, 2-1 (sus., rain).

Robert Vinci (4), Italy, leads Elena Baltacha, Britain, 6-3 (sus., rain).

Jarmila Groth (6), Brazil, def. Tamira Paszek, Austria, 6-4, 6-7 (5), 6-4.

Olga Govortsova, Belarus, leads Peng Shuai, China, 2-1 (sus., rain).

Philippe Petzschner, Germany, def. Thiemo de Bakker, Netherlands, 6-1, 6-7 (5), 7-6 (3).

Tomas Berdych, Czech Republic, def. Pere Riba, Spain, 6-3, 6-4.

Andrea Clemente, France, def. Xavier Malisse, Belgium, 4-6, 6-2, 7-5.

Robin Haase, Netherlands, def. Pablo Cuevas, Uruguay, 3-6, 7-6 (3), 7-6 (3).

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NBA

EASTERN CONFERENCE

At Sydney
Yesterday's results
MEN
Singles
Second Round
Richard Gasquet (5), France, def. Matthew Ebden, Australia, 6-4, 6-3.
Guillermo Garcia-Lopez (7), Spain, def. Chris Guccione, Australia, 7-6 (5), 7-5.
Juan Ignacio Chela, Argentina, def. Radek Stepanek, Czech Republic, 6-4, 6-3.
Andrea Soler Espinosa, Spain, def. Potito Starace, Italy, 6-7 (6), 6-4.
Antreas Seppi, Italy, def. Denis Istomin, Uzbekistan, 6-1, 6-0.

Gilles Simon, France, leads Yen-hsun Lu, Taiwan, 6-0, 3-2 (sus., darkness).

Alexandr Dolgopolov, Ukraine, vs. Bernard Tomic, Australia, 6-7 (3), 6-1.

Flavia Pennetta, Italy, def. Vera Zvonareva (Russia), 7-5, 7-5.

Kim Clijsters, Belgium, def. Barbara Záhlavová Strýcová, Czech Republic, 6-1, 6-4.

Svetlana Kuznetsova, Russia, def. Sam Stosur (Australia), 3-6, 6-3, 6-4.

Victoria Azarenka (7), Belarus, def. Shahar Peer, Israel, 7-5, 6-3.

Li Na (8), China, def. Virginie Razzano, France, 6-4, 6-4, 6-4.

5 drive

By comparison

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It's called the Cinquecento in Italy, but the Fiat 500 spells cheeky fuel-saving funster in any language.

Of all the many new arrivals from the revitalized Chrysler organization, the one car on everyone's mind is the Italian designed, built-in-Mexico Fiat.

The original 500 dates back to 1957 and was Fiat's way to get Italians off their Vespa motor scooters and into a more practical four-wheeled conveyance.

At the time, French, German and other European

automakers were busy ramping up production of their own tiny cars, a pattern that the British would also follow with the advent of the Mini in 1959.

The Mini's successful 2003 relaunch under BMW's direction set the stage for a similar return for a brand new Fiat 500 that arrived in Europe for 2007 following a three decade absence.

It's now set to debut here as a 2012 model.

Any comparisons between the 500 to the Mini are inescapable, although the Fiat is a full 15 centimetres shorter and 5.6 centimetres narrower than its

2012 Fiat 500

What you should know about the 2012 Fiat 500:

- **Type:** Two-door, front-wheel-drive sub-compact hatchback.
- **Engine (hp):** 1.4-litre four-cylinder (101).
- **Transmission:** Five-speed manual; six-speed automatic (opt.).

- **Market Position:** While most other automakers have micro cars or new "city" cars, Chrysler only has the Dodge Caliber wagon. The new Fiat 500 temporarily fills this need while providing a gateway for other Fiat products down the road.
- **Stats:** L/100 km (city/hwy) 8.0/6.4(MT, est.).
- **Base price:** \$17,400 (including destination).

competitor and provides 16.5 centimetres less distance between the front and rear wheels. The 500 hatchback's diminutive size is slightly offset by a relatively tall roofline, but it still remains the smallest four-seater on the market.

Chrysler-Fiat refers to the 500 as having "city-friendly proportions," which trans-

lates into room for two adults in front plus a couple of very small children or pets occupying the folding rear seat. That should be of only passing concern for the hordes of 500 fans who will likely flock to the 58 newly branded Fiat dealerships in Canada for an early viewing and test-drive of this iconic small car.

Given the 500's relatively minuscule engine, its footprint is not likely to be that big, but Fiat is obviously banking on big success for its little gas sipping. If initial interest and upwardly creeping fuel prices continue, the 500 could wind up batting 1000.

hello, horizontal stripes.

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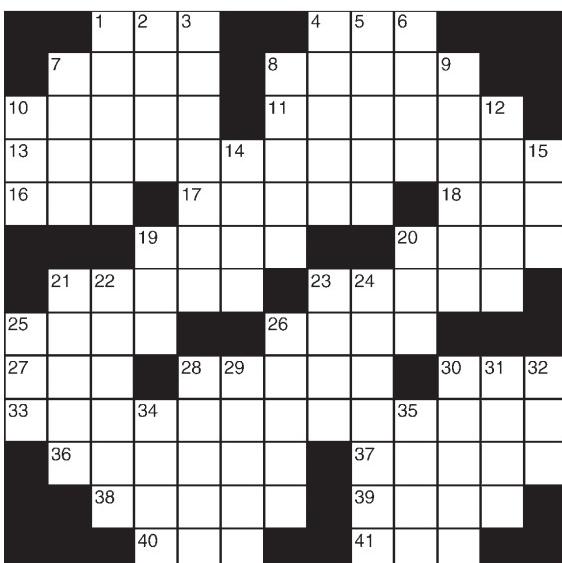


from one of our METRO PLAY AMBASSADORS around the downtown Toronto core!

Crossword

Across

1 Cornfield cry
4 Exec's deg.
7 Sea eagle
8 First Lady before Michelle
10 Sports venue
11 Science of light
13 Body of water in Utah
16 Cleopatra's slayer
17 Detests
18 U.S. spy org.
19 — support
20 Fifth
21 Sly smile
23 Halloween option
25 — and carrots
26 Subject, often
27 Early bird?
28 Shows signs of aging
30 Hot tub
33 Something insignificant
36 Midday rest
37 Quaff
38 Art support
39 On the rocks
40 Part of UCLA
41 Curvy character



Down

1 Hardly Mr. Right
2 Faris or Paquin
3 News cast portion
4 Syrup choice
5 Ashtray fill
6 Seed cover
7 Makes a mistake
8 Averse
9 Gum arabic
10 Khan title

12 Blouse companion
14 Santa's load
15 Consume
19 "— the season ..."
20 Lair
21 Bell-shaped flowers
22 The youngest Simpson
23 14-Down's contents
24 "The Satanic Verses" author
25 Corral
26 Of birth
28 Painting surface



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20

You're a rebel by nature, and with Mars linked to disruptive Uranus today, you will be inclined to rock the boat even more than usual. Don't rock it so hard though that you risk falling out yourself.

♉ Taurus April 21-May 21

A Mars-Uranus aspect will endow you with all the energy you need to get things done. Before the day is over you will have accomplished something remarkable.

♊ Gemini May 22-June 21 A deal you made a long time ago will pay off today and you will be mightily pleased that you had the foresight to invest in something that others said was a dud. Was it just luck?

♋ Cancer June 22-July 22

Even if you are the kind of Cancer who likes to keep a low profile, today you will leave someone in no doubt of what you think about what he or she is up to.

♌ Leo July 23-Aug. 23 One way or the other you will make your presence felt today, especially on the work front where those who cannot keep up with your relentless pace will soon be left far behind.

♍ Virgo Aug. 24-Sept. 22

Today's cosmic activity will give you the confidence to step into the spotlight and let employers and other important people know what you are capable of. Don't worry about being over-ambitious.

♎ Libra Sept. 23-Oct. 23

Today, act only if it is absolutely necessary. For best results you should let others make the first move. It will work in your favour.

♏ Scorpio Oct. 24-Nov. 22 You won't hesitate to call it as you see it today and, inevitably, some people will be shocked at how blunt you can be. But if that's what it takes to grab their attention, so be it.

♐ Sagittarius

Nov. 23-Dec. 21 If someone suggests that the best way to show your love for him or her is to spend even more of your cash, it may be time to rethink your relationship. You may not care about money, but what about self-respect? ■

Sudoku

7	1	8	4			5
4	1	3	5			
8	2					
	7			4	8	9
6	4	3			1	
			6		1	
5		7	1	6		
	9	8	2	7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

2	9	1	8	7	4	6	5	3
4	6	7	3	5	2	8	1	9
3	5	8	1	9	6	7	4	2
9	8	3	4	6	7	1	2	5
7	1	4	2	3	5	9	6	8
5	2	6	9	1	8	4	3	7
1	4	9	7	2	3	5	8	6
8	3	5	6	4	9	2	7	1
6	7	2	5	8	1	3	9	4

Today

-6°/-11°
Partly sunny

Thursday

-8°/-12°
VariableIT'S LIKE HAVING A METEOROLOGIST LIVING IN YOUR POCKET.
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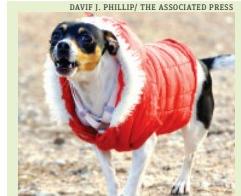
Caption contest



"Mirror, mirror! Tell me, who is the most beautiful of all?"
JASMINE WANG

You write it!
WIN!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.



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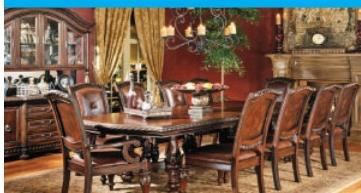
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